

# At-Risk Weight Chart

## Body Mass Index

Height in feet and inches without shoes  
Weight in pounds without clothing

ing	
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes.



## How can DHEC help?

DHEC offers diabetes education, services, and care that help people with diabetes. We provide these resources in home and community settings. For more information, please contact your local DHEC health department. We will answer your questions and inform you of what services are available in your county.

label



what is  
diabetes?



# what is diabetes?

Diabetes is a disease where the body does not make or properly use insulin. Insulin is a hormone that is needed to turn sugar, starches and other food into energy needed for daily life. There are several types of diabetes including:

## type 1

When a person has Type 1 diabetes, his or her body does not produce any insulin. People with Type 1 diabetes must take daily insulin injections to stay alive. Type 1 diabetes most often occurs in children and young adults. Type 1 diabetes makes up 5-10 percent of people with diabetes.

## type 2

Type 2 diabetes is the most common form of diabetes. When a person has Type 2 diabetes, his or her body cannot make enough, or properly use insulin. This results in insulin resistance. Type 2 diabetes can occur in people of any age. Type 2 diabetes makes up 90-95 percent of people with diabetes.

## gestational diabetes

When a woman has high blood sugar only while pregnant, it is called gestational diabetes. It usually goes away after your baby is born. The risk of developing Type 2 diabetes later in life is 50-60% greater if you have gestational diabetes.

## risk factors

You are at risk for diabetes if:

- You are overweight.
- You don't exercise regularly.
- A parent, brother or sister has diabetes.
- You are African American, Hispanic/Latino, Native American, Asian or a Pacific Islander.
- You are older than 45 years of age.
- You had a baby that weighed more than 9 pounds or you had gestational diabetes while you were pregnant.

## symptoms

What are the symptoms of diabetes?

- Extreme thirst or hunger
- Frequent urination
- Unexplained weight loss
- Blurry vision that changes from day to day
- Tingling or numbness in hands or feet
- Frequent or recurring skin, gum or bladder infections
- Wounds that won't heal

If you are at risk and/or have some of these symptoms – talk with your doctor about getting tested for diabetes!

## diabetes and my body

How does diabetes affect me? If not controlled, diabetes can affect several organs or parts of your body, such as:

Heart – can have heart attack.  
Eyes – can become blind.  
Mouth – can have dental or gum diseases.

Kidneys – can have kidney failure and be placed on dialysis.

Genital organs – can lead to sexual problems.

Feet – can have foot problems that can result in leg amputation.

Nerves – can lead to nerve damage.

Brain- can have a stroke

## pre-diabetes

Pre-diabetes is a new term for a condition of fasting blood sugar more than 100 mg/dl but not at the level of diagnosis of diabetes (greater than 126 mg/dl). Important facts to know:

- Pre-diabetes increases the risk of heart attacks, strokes, and heart disease by 50%
- Testing should be considered in all people over age 45
- Even young children are at risk for pre-diabetes
- Earlier testing is needed for all people under 45 and overweight if they also have one of these risk factors:
  - Parent, brother or sister with diabetes
  - Previous gestational diabetes/baby weighing more than 9 lbs
  - Race or ethnicity other than Caucasian
  - High blood pressure
  - High cholesterol/triglycerides

## prevent and protect

Type 2 diabetes can be prevented or its onset can be delayed for people who are at risk by making the following simple lifestyle changes:

- Eat 5 servings of fruits and vegetables daily.
- Eat fewer fried and fatty foods.
- Eat sweets in moderation.
- Exercise at least 30 minutes a day for 5 days a week.
- Quit smoking.
- Visit your doctor for regular checkups.
- Maintain a healthy weight. Diet and exercise that lead to a 5-7% drop in weight can cut the risk of Type 2 diabetes by almost 60%.

## take the test. know the score.

To find out if you are at risk, write in the points next to each statement that is true for you. If a statement is not true, put a zero. Add your total score.

1. My weight is equal to or above that listed in the chart.	Yes	5	_____
2. I am under 65 years of age and I get little or no exercise during a usual day.	Yes	5	_____
3. I am between 45 and 64 years of age.	Yes	5	_____
4. I am 65 years old or older.	Yes	9	_____
5. I am a woman who has had a baby weighing more than nine pounds at birth.	Yes	1	_____
6. I have a sister or brother with diabetes	Yes	1	_____
7. I have a parent with diabetes.	Yes	1	_____
		Total	_____

### Scoring 3-9 points

If you scored 3-9 points, you are probably at low risk for having diabetes now. But don't just forget about it. You may be at higher risk in the future. Maintaining a healthy weight and regular exercise can help you reduce your risk.

### Scoring 10 or more points

If your score 10 or more points, you are at a high risk for having diabetes. Only a doctor can determine if you have diabetes. See a doctor and find out for sure.